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on the promotion of positive health and the prevention of disease, but also for students of sociology, philosophy and education. It also aims to meet the need of physicians, teachers, nurses, and social workers who so frequently require a book that they may recommend to parents or patients in need of some guide to right living.

The first five chapters present a philosophy of life in terms of aims and goals, and attempts to connect such philosophy with the problems of human living. The remaining nineteen chapters present hygiene from its scientific side, stressing always the unity of mind and body, and the harmony of life. The problem of human living is "to adjust a rather primitive biologic organism to a complex, civilized society, and to shape society to provide for man's essential biologic and social needs."

This book is a very valuable contribution to the solution of this problem; and a careful study of it, carried over into habits of right living, will go far toward helping us to rid ourselves of "health fads and faddists."

CAROLYN E. GRAY, R.N.,
Western Reserve University,
Cleveland, O.

SIGNS OF SANITY AND PRINCIPLES OF MENTAL HYGIENE. By Stewart Paton, M.D. Charles Scribner's Sons, New York. Price \$1.50.

Like all of Paton's books, the above is impossible to review adequately in a limited space. As its title suggests, "Signs of Sanity" deals with the ingredients of individual organization that make for a well-balanced personality. Mind is not treated as the exclusive product of brain, but as the expressive

output in behavior of the whole individual, (somatic, endocrine, psychological). "Sanity measures the physical and mental qualities that enable a person to face critical situations in life successfully, and not merely to sit down and think about them."

In language understandable to the laymen, Dr. Paton describes the characteristics of healthy adjustment found in "The Sound Body" and in "Soundness of Mind." These chapters stress a fact which apparently escapes a large number of people, and that is that the final test of a sound mind is sane conduct, not merely intelligent thinking.

The concluding chapter, "The Principles of Mental Hygiene," is devoted to a sketch of various kinds of preventive psychiatric work which is being done in this country by the National Committee for Mental Hygiene, and by other agencies, particularly those which have to do with child problems. The author calls attention fearlessly to the great opportunities for such constructive work which are being missed by our schools and colleges who feed their students to such an extent on "information pie" "that they constantly suffer from mental or other symptoms of intellectual indigestion. * * * The extreme high tension of our American life, combined with the crowded curricula and the variety of extra-academic interests, all tend to produce conditions in our schools and universities that are unfavorable for acquiring the art of sane, as well as original and creative thinking."

This book should be in the library of the teacher, the nurse, the social worker, the physician, and anyone else who has the privilege of contributing a bit toward

the moulding of public opinion. It will prove particularly helpful to those who have been accustomed to think of insanity in terms of brain physiology and inheritance.

ESTHER LORING RICHARDS, M.D.

*Associate Professor of Psychiatry,
Johns Hopkins University.*

ELEMENTS OF SCIENTIFIC PSYCHOLOGY.

By Knight Dunlap. C. V. Mosby Company, St. Louis. Price \$3.50.

The title is arresting, for do we not expect all psychology to be scientific? Perhaps the author wishes to part company at once with the self styled psychologists who offer to improve your memory one hundred per cent in a single evening, or to heal all manner of troublesome diseases by discovering sex complexes. Dunlap tells us definitely that it is in the objective method of the laboratory preferably to armchair introspection, and in the "world of real objects and real activities" rather than a "peculiar world of psychic objects" that he finds justification for the adjective,—scientific. Indeed, the emphasis upon description of sensation processes and the constant mention of laboratory instruments by name reveal the author's own interests. Occasionally he assumes too detailed a knowledge on the part of his readers, both in the off-hand mention of theories, or apparatus, or in the use of terms which may necessitate the help of a dictionary. True, a nurse may interpret rhigotic, thalpotic, and epicritic sensitivity better than many a college student, but anacusia, anopsia, and sinusoidal curves may discourage both of them.

Six chapters deal with sensory processes and one more with perception.

Six more treat the various forms of thinking, acting, and feeling; one is devoted to the mechanisms of the nervous system. Some few investigators are briefly mentioned, for instance, Mrs. Ladd-Franklin, and Cannon, but one is struck with the general absence of citation of any authorities, or even any reference to eminent psychologists. However, a classified list of reference books is given in an appendix, so that their existence is not totally ignored. Another appendix gives an excellent summary of the mental diseases and defects most commonly met.

The reader should not expect more than scant suggestions of applications of psychology to education, to nursing, to industry, etc., for these the author has purposely omitted, preferring to give a preliminary outline treatment, mostly descriptive. As a text for class use it would serve as a "first book" to be very definitely followed by a second along some special or applied line, and to be accompanied and supplemented by class demonstration and the use of many charts and diagrams. As one of several books of reference, it will be welcome on our shelves, valuable for its full and up-to-date information on the simpler psychic processes.

MARY T. WHITLEY,

Teachers College, New York.

BOOKS RECEIVED

GLANDS IN HEALTH AND DISEASE. By Benjamin Harrow, Ph.D. E. P. Dutton and Company, New York. 218 pages. Price \$2.50.

NUTRITION AND SPECIFIC THERAPY. By Dorothy E. Lane. The Macmillan Company, New York. 185 pages. Price \$1.50.